



Mac and Broccoli Cheese Cups

READY IN



60 min.

SERVINGS



12

CALORIES



140 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 0.5 cup panko bread crumbs plain crispy italian or style
- 4 oz elbow macaroni uncooked
- 0.3 cup flour all-purpose
- 1 teaspoon salt
- 1 cup milk
- 12 oz broccoli frozen
- 4 oz sharp cheddar cheese shredded

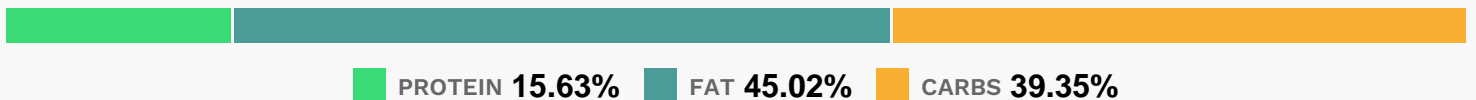
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- aluminum foil
- microwave
- muffin liners

Directions

- Heat oven to 375°F.
- Place foil baking cup in each of 12 regular-size muffin cups. In small microwavable bowl, microwave 1 tablespoon of the butter uncovered on High 15 to 30 seconds or until melted. Stir in bread crumbs; set aside.
- Cook and drain macaroni as directed on package.
- Meanwhile, melt remaining 2 tablespoons butter in 4-quart saucepan over low heat. Stir in flour and salt. Cook 1 minute, stirring with whisk. While continuing to stir, add milk. Cook and stir 1 to 2 minutes or until thickened and smooth. Stir in frozen broccoli and Cheddar cheese. Cover; cook 8 to 10 minutes, stirring occasionally, until thoroughly heated.
- Remove from heat; stir in macaroni until well blended.
- Spoon about 1/4 cup macaroni into each cup. Top each with 1 teaspoon bread crumb mixture.
- Bake 20 to 25 minutes or until hot and topping is golden brown. Cook 5 minutes; remove from pan.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:2.23, Inflammation Score:-5, Nutrition Score:7.8343478337578%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 139.97kcal (7%), Fat: 7.09g (10.9%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 12.71g (4.62%), Sugar: 1.91g (2.12%), Cholesterol: 11.89mg (3.96%), Sodium: 324.6mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.07%), Vitamin C: 25.29mg (30.66%), Vitamin K: 29.39µg (27.99%), Selenium: 11.26µg (16.08%), Calcium: 113.26mg (11.33%), Phosphorus: 108.13mg (10.81%), Manganese: 0.19mg (9.46%), Vitamin A: 429.44IU (8.59%), Vitamin B2: 0.13mg (7.81%), Folate: 29.02µg (7.26%), Vitamin B1: 0.09mg (5.85%), Zinc: 0.73mg (4.9%), Fiber: 1.22g (4.89%), Potassium: 157.63mg (4.5%), Magnesium: 17.71mg (4.43%), Vitamin B6: 0.09mg (4.32%), Vitamin B12: 0.22µg (3.7%), Vitamin B5: 0.35mg (3.46%), Vitamin B3: 0.69mg (3.44%), Iron: 0.59mg (3.27%), Vitamin E: 0.42mg (2.83%), Copper: 0.05mg (2.74%), Vitamin D: 0.28µg (1.87%)